

# DINNERLY



## No Chop! Mediterranean Meatballs & Quinoa

with Spinach & Sun-Dried Tomatoes



ca. 20min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make these za'atar meatballs with quinoa? Personally, we'd choose B. This dish requires absolutely no prepwork—just cook the quinoa and ready-to-heat meatballs, add spinach and sun-dried tomatoes, and stir the garlic cream sauce together. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

### WHAT WE SEND

- 3 oz white quinoa
- ¼ oz za'atar spice blend <sup>11</sup>
- 2 (1 oz) sour cream <sup>7</sup>
- 3 oz baby spinach
- 1 oz sun-dried tomatoes <sup>17</sup>
- ½ lb pkg ready to heat beef meatballs

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

### TOOLS

- small saucepan
- medium nonstick skillet
- microplane or grater

### ALLERGENS

Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 790kcal, Fat 58g, Carbs 66g, Protein 26g



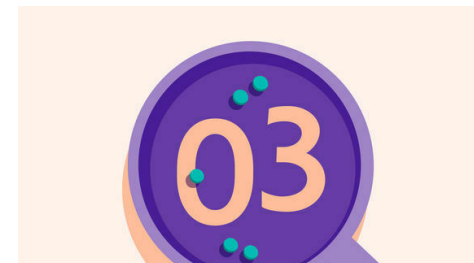
#### 1. QUINOA VARIATION

Heat **1 teaspoon oil** in a small saucepan over medium. Add **quinoa** and cook, stirring, until toasted, 2–3 minutes. Add **¾ cup water** and **½ teaspoon salt**; bring to a boil over high heat. Cover and reduce to medium-low; cook until quinoa is tender and liquid is evaporated, 15–20 minutes. Cover to keep warm off heat until step 3.



#### 2. Cook meatballs

Heat **2 tablespoons oil** in a medium nonstick skillet. Cook **meatballs**, stirring occasionally, until browned in spots and warmed through, about 3 minutes. Sprinkle **1 tablespoon za'atar** over top. Cook, stirring constantly, until meatballs are coated and fragrant, about 1 minute. Remove from heat.



#### 3. Finish & serve

Finely grate **1 teaspoon garlic** into a small bowl. Stir in **all the sour cream** and **1 tablespoon water** at a time until it drizzles from spoon. Season to taste with **salt** and **pepper**.

To saucepan with **quinoa**, stir in **spinach** to gently wilt. Top with **sun-dried tomatoes**.

Serve **za'atar meatballs** with **spinach quinoa**. Drizzle **garlic sauce** over top. Enjoy!



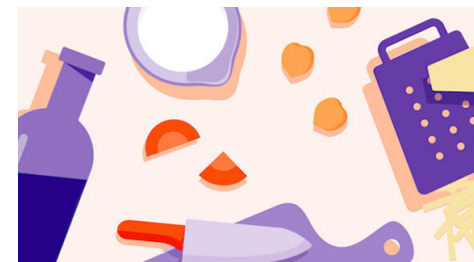
4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!